

WEEK (1-2) NINE DAYS NAVRATRI PLAN (3-11)

Timing	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9
Morning 7pm	One glass of water + lemon water/ Methi Dana water/ Dalchini water/ jeera water + pudina leaves 3-4 soaked overnight								
9-9.30	5-6 Almond (Soaked and remove the skin) + One Walnut + 5-6 Manuka + One Anjeer								
Break fast 10- 11pm	One Apple Shake milk 100ml	One Banana Shake milk 100ml	One Beet + apple juice	One Pomegran ate Pineapple juice	One Beet root + Apple juice	One Apple Shake add milk 100ml	One Apple Shake milk 100ml	One Beet + apple juice	One Banana Shake milk 100ml
Lunch 2pm	One katori curd + small boiled aloo	Rajgira Lahi and milk or sweet potato and curd	sweet potato and curd	2 Rajgira Ladoo and milk 100m	One katori curd	2 Rajgira Ladoo and milk 100ml	One katori curd	2 Rajgira Ladoo and milk 100m	One katori curd
Mid meal 4-5	Green tea peanut 30gm	Butter Milk Makhan a 30gm	Green tea pumpkin seeds 30gm	Coconut water flax seeds 30gm	Chia seeds water kaju 5-6	Coconu t water peanut 30gm	Butte r Milk Makh ana 30gm	Chia seeds water pista 5-6	Coconut water peanut 30gm
Dinner 5-6 pm	Samai Rice 30 gm+ paneer 60gm pulao One plate	Paneer 60gm aloo 100gm tikki Three piecesPe anut curd chutney	Samai Rice 30 gm+ paneer 60gm pulao One plate	Two Rajgira roti Paneer 60gm sabji	Two Roti Singhara Curd and peanut chutney and paneer bhurji 60gm	Samai rice (50gm) dosa three peanut chutney	Samai Rice 30gm Milk 100ml dry fruit kheer	Sabudana 50gm Paneer 60gm Vegetable ( kacha papaya / usal	Singhada atta 60 gm paneer 60gm Carrot tikki

Note	<ol style="list-style-type: none"><li>1) No sugar/Gud/Honey for a good result of weight loss.</li><li>2) Keep yourself hydrated. Drink lots of liquid.</li><li>3) Add two khajoor for sweetener. Only two in a day.</li><li>4) Follow the timings.</li><li>5) For Recipes download the app Dr Sonal's DietPlan from Play Store.</li><li>6) <a href="http://www.mydietplan.co.in">www.mydietplan.co.in</a></li></ol>
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